



Information To Improve the Selection and Use Of Foods In Your Home

Increasing veggies, fruits in daily diet can boost health *Spring 2007 ~ Volume XXXII*

“Eat your vegetables” has been heard at the dinner table for a long time. Has the message gotten through?

Two new studies published in the Journal of Preventive Medicine clearly show most of us are not meeting the goals set forth in the Dietary Guidelines for Americans. Researchers from the Johns Hopkins School of Public Health and Welch Center for Research analyzed data and trends in fruit and vegetable consumption among adults from 1988 to 2002. Only 11 percent of adults eat the number of servings of both fruits and vegetables currently recommended by the USDA. Sixty-two percent of the adults surveyed did not consume any whole fruit daily and 25 percent of participants reported no daily vegetable servings.



We know fruits and veggies offer vitamins, minerals, fiber and antioxidants with few calories. Those with diets rich in these foods have lower rates of cancer, heart disease and diabetes. So how can we get more of these foods?

A new public awareness campaign developed by Produce for Better Health Foundation in partnership with the Centers for Disease Control and Prevention is called “Fruits and Veggies, More Matters”.

If you eat one serving of fruit a day, try to eat one more serving. If you eat two veggies, try for three. Variety is still important so choose as many different color fruits and veggies as you can. There are 350 varieties of fruits and veggies available so there’s no reason for boredom.

People know they should eat more fruits and vegetables but may be discouraged when they see the goal of five servings a day. Simply eating a few more servings than you normally do can make a big difference in your health.



T ~ Try something new.

A ~ All forms of fruit and veggies count including fresh, frozen, canned, dried and 100% juice.

S ~ Shop smart, store fresh fruits and veggies correctly.

T ~ Turn it into a family activity of menu planning, shopping, preparing and eating.

E ~ Explore all the variety.



Source: The Clarion-Ledger, Kathy Warwick

WORD WISE

Antioxidant (“anti oksid’nt”)

Antioxidant is a substance that de-activates harmful compounds called free radicals that damage living cells, spoil food and degrade materials.

Fruits and vegetables provide antioxidants to our diet.

Source: www.usda.gov

CHECK THE LABEL

Nutrition Facts			
Serving Size 8 fl oz (237mL)			
Servings Per Container About 6			
Amount Per Serving			
Calories 45		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	750mg		31%
Total Carbohydrate	10g		3%
Dietary Fiber	2g		8%
Sugars	7g		
Protein 1g			
Vitamin A 20%		• Vitamin C 120%	
Calcium 2%		• Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		• Protein	4

When you select or compare foods, see what the label says about serving size and calories.

Ask yourself:

What is the serving size?

How many servings are in the container?

How many calories are in a single serving?

Source: www.usda.gov

Making Smart Choices

Power of Planning

One of the biggest secrets to healthy lifestyle success is to plan ahead. With these simple tips you'll save time and cut down on the meal preparation stress in your daily life.


- * Keep meals simple! Foods that keep your family healthy can be fast and easy to prepare. Unless it's a special occasion, keep cooking simple and involve kids or other family members.
- * Cook several main dishes when you have more time - like on weekends. Make soups, stews, or casseroles to freeze for the next week. Cook extra food as "planned left-overs" for later use.
- * Do some tasks ahead. Washing and trimming vegetables, cooking noodles for a pasta salad or lean ground meat for tacos a few hours, or the day before, can save you lots of time during busy weekday evenings.
- * Plan activities for all family members to enjoy 2-3 times a month. For example, go on a family bike ride, plant a family garden, or pack a picnic meal to eat at the park and afterward go on a family hike. Make a regular date to walk with friends and neighbors or join a community activity group, like aerobics, softball or body toning.



Set realistic healthy eating and physical activity goals and write down it down.

Use a calendar on the refrigerator with stickers to mark the days you meet your goals.

Source: www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/SmartChoices/powerofplanning.htm

Fruits & Veggies More Matters	** VEGGIE MUFFINS**
<div data-bbox="89 1346 305 1482">  </div> <div data-bbox="316 1335 756 1486"> <p>Onions are Anti-Cancer</p> <p>Folklore says that eating onions and garlic wards off illness. Now research says the duo may prevent cancer.</p> <p>In a large study, people who often eat the most onions and garlic have lower cancer rates. In fact, eating onions more than once a day cut the risk of colorectal cancer 56% and esophageal cancer 88%. Eating lots of garlic significantly cut risk of ovarian, kidney, esophageal and oral cancers. Pancreatic cancer, too, says a recent U.S. study of onions and garlic.</p> <p>Getting the credit: organosulfur compounds (which partly account for garlic's strong taste and odor) and antioxidants (such as quercetin in onions). Quercetin: a yellow compound found in the rind and bark of many plants which have medicinal properties.</p> </div> <div data-bbox="479 1961 756 1984"> <p>Source: Eat Smart: Jean Carper</p> </div>	<div data-bbox="1079 1335 1224 1367"> <p>Ingredients</p> </div> <div data-bbox="950 1373 1356 1619"> <p>1 (8 ounces) package corn muffin mix 1 egg 1/3 cup lowfat milk 1 tablespoon onion, minced 3/4 cup fresh broccoli, finely chopped 3/4 cup mushrooms, finely chopped 2/3 cup shredded cheddar cheese 1/2 teaspoon salt (optional)</p> </div> <div data-bbox="776 1644 902 1675"> <p>Directions</p> </div> <div data-bbox="776 1682 1487 1833"> <ol style="list-style-type: none"> 1. Blend muffin mix, egg and milk in mixing bowl. 2. Fold in onions, broccoli, mushrooms and grated cheese. 3. Distribute the batter evenly among 12 muffin cups which have been oiled or lined with paper muffin cups. 4. Bake 20 minutes at 400°F, or until tops are golden brown. </div> <div data-bbox="782 1866 1104 1988"> <p>Number of servings: 12 Serving Size: 1 muffin Preparation Time: 20 minutes Calories 98 Fat 5 grams</p> </div> <div data-bbox="1380 1944 1528 1969"> <p>Source: ERIB</p> </div>

Spring Clean Your Way to a Safer Kitchen

Organization stresses the importance of proper cleaning to avoid foodborne illness.

As the days get longer and the weather warms up, many people are preparing for the annual event of spring cleaning. When cleaning a kitchen, it's important to remember there's more to the task than just shiny floors and neatly arranged cupboards.

This is a great time to target harmful bacteria that can lurk on kitchen surfaces and even in your refrigerator. *Salmonella*, *Staphylococcus*, *E. coli* and *Listeria* are just some of the bacteria that may be hanging out in your kitchen. While you can't see or smell BAC! - short for bacteria - they are everywhere and they especially like moist environments. A clean and dry kitchen helps Fight BAC!® and protect you and your family from foodborne illness.

Some spring cleaning tips you should practice year round to make your kitchen and your food safer include:



Always clean surfaces thoroughly with soapy water.

Sanitize your kitchen countertops with diluted chlorine bleach or a disinfectant kitchen cleaner. Use 1 teaspoon bleach to 1 quart of water. Be sure to dry with clean paper towels after each cleaning.



Disinfect dishcloths often.

Launder dishcloths frequently using the hot water cycle of the washing machine. Then be sure to dry them in the dryer. These items harbor bacteria and when wet, promote bacterial growth. Also, consider using paper towels to clean up kitchen surfaces. When done, throw away the towel.



Rid your fridge of spills, bacteria, mold and mildew.

Clean your refrigerator weekly to kill germs that could contaminate foods. To tackle bacteria, mold and mildew, clean interior refrigerator surfaces with hot soapy water. Rinse with damp cloth, dry with clean cloth. Manufacturers recommend against using chlorine bleach as it can damage seals, gaskets and linings.



Clean your kitchen sink drain and disposal once or twice a week by pouring a solution of 1 teaspoon chlorine bleach in 1 quart of water down the drain. Food particles get trapped in the drain and disposal, creating the perfect environment for bacterial growth.

Source: www.fightbac.org/content/view/74/70/

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
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